

# Love & Devotion









# Sathyam's Prayer

Dear Truth, Dear One

Let us see One, where there is two

Where there is pain, let us see One

Where there is fear, may we see One

Where there is stress and anxiety, may we see One

Where there is disharmony, may we see One

Where there is mis-trust, may we see One

Where there is loneliness, may we see One

Where there is love, may we see One

Where there is hate, may we see One

Where there is understanding, may we see One

Where there is mis-understanding, may we see One

May we see One, Only One, in that, may we keep quiet, because  
there

is nothing to see, nothing to hear, nothing to say, nothing to do, and  
we become a flute, like Krishna's flute, where beautiful songs,  
beautiful music, and beautiful words would flow out of us to that

One.

Amen

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## Divine Love

In the Ocean of God's Love, questions are swallowed, the future is swallowed, the path is swallowed. There is only a leaf, a particle of existence that goes freely, abundantly, and carelessly to wherever this Ocean takes, without thoughts about where am I going, when am I getting there, how am I getting there, and who is going to help me. This Love cherishes, nourishes and is infinitely effective.

# Sathyam



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**Show up and divinity will show up with you,  
and that is a commitment.**

*Sathyam, “Are You with Me” DVD 5-15-07*





**Winning  
Love  
Through  
Love  
Is the  
Vital  
Aspect of  
Devotion.  
Baba**



*Today, the typhoon of hatred and falsehood is scattering the clouds of Virtue, Justice and Truth to the far corners of the sky. So long as man is capable of prema (love), dharma (righteousness) will exist, do not doubt it. When you direct that prema to the Lord, your mental make-up will slowly and steadily undergo a revolutionary change. You will share in the sorrows and joys of your fellow-beings and experience bliss that is beyond the temporary gains and losses of this world. Your devotion to the Lord will undergo several changes. An important stage is one where service to the Lord alone matters and service alone is the reward - one does not seek anything more than just the opportunity of doing service Unto Him, to the best of one's capacity.*

*Baba, Divine Discourse, Mar 24 1958*

# from The Most Precious

*Offering to You, the Truth*

*To the One whose silence is harmony itself.*

*To the One who is a collection of loves in One.*

*To the One who sees with a single eye and is unbounded.*

*To the One who is the Ocean of Light.*

*To the One who is the source of Love and Affection.*

*To the One whose arms are eternally open to those with wounded hearts.*

*My Guru, my Father, my Love, my Being, my Truth, Sri Sathya Sai Baba, the Sadguru who took my hands and guided me from darkness to light, from ignorance to wisdom, and from death to immortality: I offer YOU this gift of Your Truth.*

*May I wash Your Most Precious Feet with tears of love, joy and gratitude.*

*On Your auspicious 80<sup>th</sup> birthday, I offer this book at Your lotus feet.*

*With Love,*

*Sathyam*

*The Dedication from "Most Precious"*

# But Why!?



*This message is for anybody who wants to experience oneness with God. It is truly a drop in the ocean of the stories of my divine love affair with my Guru, Sai Baba. When I look back at my life, I have no other stories to tell other than my adventures during the journey of Self-Realization. Everything else has been erased. When I went to see Sai Baba, I fell in Love. But why?*

*My heart responded, "He knows something that you don't know yet." This love filled every cell in my body, and I let it flow to Him. Only Him!! He was the focus of this love. This Divine love affair, my love for Him, and being close to Him made me happy. I was miserable when I was not close to Him.*

*What a LOVE!!*

*What a love making is this Love between Divinity and the Self!!*

*This love was the air I breathed. The one who ignited this bonfire of Love in my Being became the Lover who, also, received it. But why!?*

*After the awakening of this Love, every thought I had was for it and about it. But why!?*

*This Love erased my pride and sat me down at His feet. Nothing was bad; and nothing was good anymore. All the good and the bad merged. But why!?*

*This Love and my Yearning was the only thing that existed for me. But why!?*

*There was a lot of Love in me, but why was there misery too? Little by little, the Love and the Lover merged; but still, the Beloved was the symbol of this Love. But why!?*

*For years and years, I sat with this Love and the Truth that fueled it. The Truth talked with me; we were friends. And the LOVE was the witness of it all. But why!?*

*Life did not have the same meaning as before, and I kept burning in this Love. But why!?*

*Conversations with my Beloved, throughout the night were the most precious thing I had. But why!?*

*I overcame every obstacle to be closer to Him and express my Love. Day and night I was looking for ways to be near Him. When I was near, the thought of being away made me miserable. But why!?*

*Every time I visited Him I became thirstier, and my ego was uprooted more and more. But why!?*

*Every time I was face to face with Him, it all became more effortless. As time went by, I felt the Presence of the Beloved in the Silence of my Heart. Our Hearts beat together. But why!?*

*One second my Beloved was the TRUTH and the next moment it was the LOVE, and behind both was my Guru's face, the Beloved in that specific form. But why!?*

*The bonfire of my Love became more and more ALL consuming; I saw with my own eyes how the flames burned me into ashes. My form and name was being erased gradually; and I became One with the Formless.*

*But why!?.... But why!?.... But why!?....*

*The reason is very clear!! Every single thing that happens on this journey has a reason! With this internal fire, every part of you has to burn down to ashes before you can be resurrected in the Divine Light and be One with the Formless.*

*True Love is ALL encompassing.*

*The Lover, the Beloved and the Love all merge into ONE.*

*The Love Baba instilled in me, and the Love that flows from me to Him, is the same Force that resurrected me.*

*Yes, I fell in Love with my Teacher on the spot and without hesitation. I trusted Him and knew that He would help me. If you are not absolutely in Love, you won't trust the Beloved; and if you Trust without being in Love, it won't work. It is like counterfeit money.*

*How does this Love come about?*

*It must come to the seeker on its own accord. The seeker, however, must add firewood to it, and help the flame become an All-*

*Encompassing brushfire. Once a small window opens in the heart, the flood of Divine Bliss will commence.*

*What is Divine lovemaking?*

*Making love with the Self, within the Self.*

***Sathyam***

*Phone call on Valentine's Day 2008*

The proof of rain is in the wetness of the ground; the proof of devotion is in the peace the aspirant has attained.



# Bhakthi

## The Path of Divine Love

*Sathyam:* Tonight I want to discuss the path of divine love, or the Bhakthi path. Sai Baba says that Bhakthi is similar to the way a kitten is carried around by its mother by the back of its neck. The responsibility is not with the kitten at all, but with the mother. The faith is the kitten's though, for it knows that the mother will not let go. This is the path of Bhakthi also called the path of Devotion, Love (Prema).

When I met my Teacher, Sai Baba, out of my sense of desperation, I fell in love. I was not going to India to fall in love, but I saw greatness in Him. When I saw that, it was the end of me, and I gave all of my Heart to Him. I gave my Heart to the right person. You can give your heart to the wrong person, and end up having it broken. Giving my Heart to the right person paved my path from 'Self'-seeking to 'Thy'-seeking or 'That' seeking.

Now why is Love important? It is important because if you hated me, you would not come into this room. You must Love me in order to Trust what I am saying. When you have Trust, you put my words to practice, and when you put it to practice you benefit from it. So, had it not been for that feeling that I had towards Baba, when He talked to me, I would not have said 'This is the beginning and the end for me, and this has stamped me from here to eternity.'

Prema (love) is the fire that is needed to keep us going; it is the fire that turns our hearts to ash. This love and Trust will eventually tune your ears to the Truth, and then you experience it.

Why should my love and Prema go towards you? Because if I did not feel this way, I would not offer my wisdom that flows through. Therefore, love is the motivator for giving and taking, and that is what makes the wisdom so potent and beautiful.

When you give all of your heart and all of your thoughts to one source, that source becomes responsible for you. You cannot, however, go halfway with the Prema; you must go all the way to accomplish it.

I show up here, week after week, because of love. It is your love and my love that brings us together. There is nothing greater than the love to which I am referring. It has no judgment. It doesn't require any credentials, and it never inquires about your background, religion, or the sins you may have committed. I do not care about your sins. I may have committed some sins myself, but I do not consider them sins, I call them 'doing.' This love is what makes a place holy ground. Everyone comes with the intention of giving and taking, and that takes us to the oval that we were discussing before<sup>1</sup>.

*Excerpt from "Are You with Me" DVD, 5/15/07*

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<sup>1</sup> Referring to the Oval Energy DVD, 3-13-07



# Words of the Guide

**Q:** When we get words of wisdom from our Guide, why does it feel so good?

**Sathyam:** Because when you have a puzzle named Bazaar, somebody threw this puzzle in your living room and it is about one million different pieces. And you scratch your head and spend years and years of suffering and labor, to put the pieces together. Little by little, when you start gathering wisdom, you know what goes where, and then you come to whomever, who has put together a lot of puzzles, and ask 'Where does this piece go?' I don't tell you where that piece goes, but I tell you what the environment around it is like. And this gives you so much joy because you have been waiting for the next piece to go in there to make the entire living room smooth.

**Q:** Do we have to put that puzzle together?

**Sathyam:** Oh yes you do, otherwise you will be occupied with putting it together for eons of lifetimes. So the sooner, the better, in the dream you have to do this. But as the Absolute, you don't have to do anything, but body-bound, yes you do have to do it!

*(end of Baba meeting) Private Conversation, 2010*

# Devotion & Love

**Q:** You once said that this path does not take place overnight and that is it hard/challenging, that the first couple of years are easy, but that it often comes with a lot of responsibilities. What sort of responsibilities are You referring to?

**Sathyam:** The first few years, you are tasting the sweetness of the good news that has been given to you by your experience of it. It will be as if you are on a honey-moon. After that you will be expected to practice, to be vigilant, to be with it, to live with it, to eat it, to breathe it. Not too many people have this kind of one-pointedness, and therefore it will cause them confusion and separation, even though it is a part of this path. I would say that on this path, in order to make the obstacles and the confusion less and less and less, dedication has to be risen higher and higher, in order for the mind to withstand all the blows of destruction.

**Q:** You always say that the baseline for the whole path is Love. How could we set ablaze the fire of love for Sathyam (Truth)?

**Sathyam:** There are two cases; case one is that there is no way to light it up, it has to ignite itself; the other case is that you are ready enough that you can light it up by sticking with it, by trusting it until it is proven right, by feeding yourself until the flame takes hold of your entire being. In some cases, there is no way that the flame can be started until the person is ready and willing.

**Q:** Is having love for the inner Sathyam (Truth) necessary?

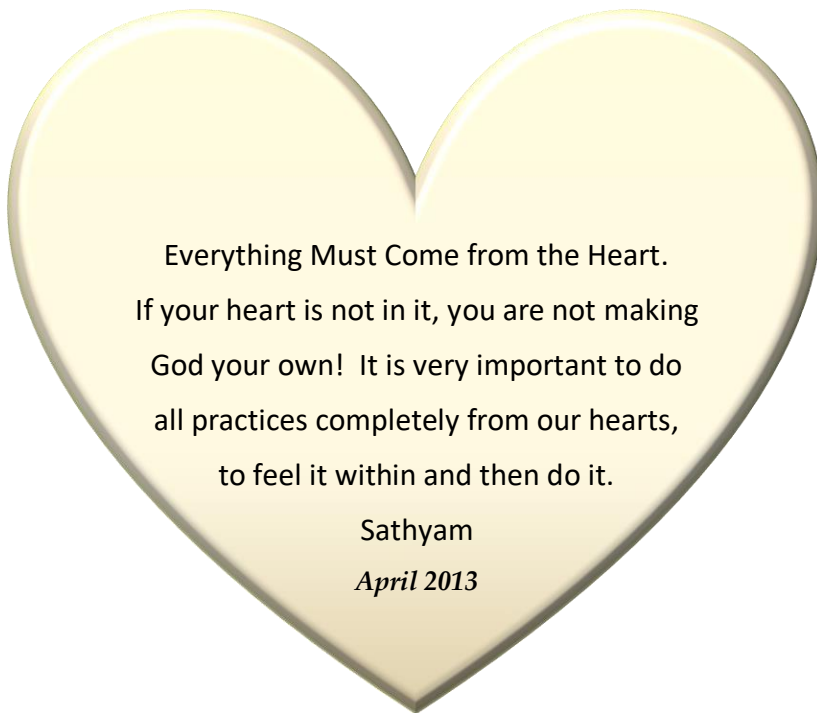
**Sathyam:** There is absolutely no way without this love, because the Sathyam is saturated with this Love, the characteristic of Sathyam is this love. The

love attracts you to Sathyam and in that love, you will unite and become an inferno of fire. Is the love necessary? Yes; it is the only tool.

**Q:** Is it possible to continue on this journey by just loving the inner Sathyam?

**Sathyam:** In very rare cases, yes! But even if you love the inner Sathyam, you could still be unclear about what it is that you are loving and you could in turn be misled. If you are ripened enough and you benefit from this love inside, I say to you “Congratulations! You are one of those very rare beings.” In most cases, the inner Sathyam has to bring something concrete that you can relate to, serve, love, dance with, until you are interested to dive in and never come back again and live an ordinary life. So do you need two feet to walk? Yes. But can you live your life with just one foot? Of course; it is all about how quickly you want to get there.

*Excerpt from Interview with Sathyam on Guru Purnima Day, July 10, 2006*



# From My Diary

En route to the 2012 retreat in Turkey, one of the Aushegan had left her passport and could not get on the plane with everyone else. But after a few hours of flying, due to some technical issues, the plane had to go back to the airport and this person who, in the meanwhile, had gotten her passport was able to board the same plane after all. The following is from the diary of one of the Ausheghan, written on that plane.

Dear Lord, I am speechless, I have lost the ability to speak.

I am amazed at my silence; I am amazed at the tools I use.

In this moment, I have no stable ground to stand on; Divinity hasn't left me a secure place to hang on to. There are no boundaries left; there are no obstacles; meaning the mind is absent.

My Sathyam, my love, for the thousandth time, I acknowledge that Your teachings are true and perfect. Your words are nothing but the ultimate Truth.

When I discovered that one of our friends could not get on the plane, I did the Omnipresent Meditation, that You have taught me, from the depth of my Being.

Dearest Lord, do You mean to tell me that this meditation is so powerful that it would bring a plane with 300 passengers back to the airport, so that our friend could get on?

I am bewildered; my mind has stopped working; I am astonished! At this moment my entire Being is filled with a great and pure love for my Guide. God Truly Is Great!

What problem could I have in this world?

My dear Lord, You showed me that when Divinity wills it, the laws of the bazaar become null and vanish.

My dear Lord, I am dazed, I feel that neither my mind works nor my logic; even my heart is wandering. I am speechless, but happy... I am happy since "You Are". You Are in every moment and this Presence gives me a lot of joy.

I am nobody and I do not know anything. Nothing! As time goes by, I understand that I do not know anything even more.

Dear Lord, You brought back the plane to show me Your greatness for the hundredth time. I surrender my Love! I surrender!

My dearest Guide, even with the limitations of this body and the monkey mind, You allow me to have experiences so that I trust that I am not limited. You make me understand that I can be free from the old beliefs, rules and regulations. You tell me that we are above and beyond our imaginary limitations.

My loving Lord, the eternal Divine Being, my effulgent Sathyam, my dearest Baba, my Beloved Beings who shine in Your One-ness, if I surrender myself to the Divine ocean, just as a leaf does that rests on the water, how important could what this dream has concocted be for me? How important could my role in it be? How important is it for me to understand where the end of this path even leads? How important could it be?..... "You Are", what else could have any importance?

I am free in the bosom of Divinity; I soar in Trust.

Oh! My dear Lord, do not take this moment from me! Do not take away from me the love and devotion that I feel at this very moment! Etch this moment on my mind forever, This Moment.... Please..., I beg of You, please...do not allow me to forget it!

Once my Guide told me "Just Trust, despite the commotions of the mind. Just Trust until proven right!" In complete awe and Trust, all fifteen of us witnessed this Divine Event!

**Sept 2012**

# Islam and Baba

To the measure of our true understanding, do we also see the Oneness among our religion and Baba's teachings. As an example, I was born in a Muslim family, but my religion was nothing more than a series of rituals, most of which seemed meaningless to me. After knowing Baba and His teachings, through His endless love, my understanding expanded! Little by little, I began to understand what Islam stands for and the significance of its rituals. Islam stands for the submission to the will of God- Baba teaches us how to do that. Through His love, Baba erases our fear of God and replaces it with love and understanding for the Higher Power. By this understanding, submission to the will of God that the Christians call 'Thy will be done' becomes the way of life.

Islam asks its followers to pray five times a day; Baba says "Never forget God". In order to not forget God, the habit of prayer must be developed in us. Once again, through Baba's endless love, our life becomes an endless remembrance of our Guru or God. Therefore as a Muslim, we begin to understand the reason for praying five times a day.

Another important practice in Islam is fasting. Islam asks Muslims to fast for the entire month of Ramadan. The purpose of fasting in Islam is for a Muslim to see how it is to be hungry and thirsty and to therefore develop compassion. Similarly, through Baba's infinite love, we begin to feel compassion for all beings. We learn from His life and love, we learn how to love where we used to hate, how to mend where we used to harm, to desist from indulgences where we used to over-indulge. The fasting is also to teach us self-control, which is the same as Ahimsa, one of Baba's pillars. The fasting is to teach us to let go of our lower desires, as Baba says it so often in His teachings.

For me, understanding the similarity between Baba's teachings and Islam is only through Baba's love, love, love. His love makes us see Oneness and unity, His love makes us understand our religion and His teachings. His love

is all religions and the essence of all religions. His love is my one and only religion, as He says “The Religion of Love”. Some call it by different names and see diversity in that name, I see it as love. This love is because Baba IS, because I AM.

## Sathyam

5/8/13

Allah  
Malek

# Live in Love

Soak everything in Love,  
That is to say in God.  
Be born in Love, die in Love, live in Love.  
Emerge from God and merge in God.  
Be a wave in the ocean of Love.  
You should not die; you should merge and fulfill  
yourself.  
That is the destiny  
That is the destination.

Baba



## I Know What Is Inside of Me

There are those who say that they feel very confident, but then anything can shake up that confidence. Regardless of how great they may be on the worldly level, even a king or a queen, something will still be able to cause fear in them. The confidence in the right 'Self' is unshakeable and therefore has to be developed. It is not something that just falls on our lap; we have to be the recipient of it by practicing it.

Surprisingly, this type of confidence will erase our judgments of ourselves. I know as a woman, we judge ourselves a lot, we say things like, 'Oh I should have done this' or 'I should not have done that.' Then condemnation comes in, and as soon as we condemn ourselves, we have separated ourselves from Our self. We are no longer getting nourishment from the real Self, because we are living in the contradiction of the mind. We say things such as 'I should have, I shouldn't have, I would have, I wouldn't have,' and this is why sometimes our prayers are not answered.

It is because we feel too far away from that Truth and there has to be closeness in order to be heard. The more we feel that Oneness with God, with who we are or with that I, the less we even need to pray. When we are close to the fire, we do not have to scream for heat; it just warms us up, because it is the nature of the fire to keep us warm.

So, when we get close to the light of who we are or to God, then it is its nature to take care of us. The nature of that I is to see that we have abundance, because that is what It has. We can't just sit back from the fire and say that we are cold. Most people do that and wonder why they don't get their prayers answered.

On that note, I am going to give you a beautiful example that Baba told us one year, when we were in India on Christmas Eve, on Jesus' birthday. On that particular night, He gave a discourse and talked about Jesus' beauty and kindness, as well as the love and the teachings that He spread.

The story goes as such, five thousand years ago, during the time of Krishna, who was a Hindu Avatar just like Baba is, men greatly outnumbered women; exactly opposite of how it is now. A mother and father would give their daughter's hand in marriage to perhaps five brothers. There was a woman named Draupadi, who was very pious and loved Krishna with all of her heart; so much so that He was all she could think about. Unfortunately, the five brothers she was married to were serious gamblers, who had lost their entire empire and all they had left was their wife. One day though they bet on her and lost her as well.

They went back home and were so sorry about what they had done. They did however realize that they had to tell her the truth. They said to her, 'We love you so much and we are so sorry for what we have done. You are the most maternal and loving person we could have as our wife. You are so pious, sadly though we lost another bet and gambled you away in the process.'

She was very saddened by this, because she knew that her husbands had gambled her away in a game with some very evil-minded people. Right away she went to her prayer room and started calling on Krishna, pleading 'Krishna who is in Brindavan, help me!'

Now Brindavan was very far from the town where she was living. A lot of time passed and Krishna had not yet come to help her. Ordinarily Krishna would do anything for her, because she had such a deep love for Him in her heart. However He still had not shown up.

She then started to bang her head against the wall and said, 'Krishna, can you please have some pity on me and come to my rescue? Please!' In the midst of asking Krishna to come to her rescue, she says, 'At least Krishna in my heart, please answer me.'

Immediately, Krishna appeared and she asked Him what had taken Him so long? He responded, 'I was in your heart, but because you asked me to come from Brindavan, first I had to go to Brindavan and *then* come here to help you. I did that because you specifically asked me to come from there.'

This is the story of our affair with the Truth and that story makes me cry, because that *is exactly* our affair with the Truth. It is right here (pointing to Her heart) and yet we are asking it to come help us from heaven or from somewhere far away.

This is why sometimes prayers do not get answered for years and years, because the recipient has not taken enough steps to say, 'I am Yours, I have confidence, and I know who I am, I know what is inside of me.'

**Sathyam wipes away Her tears and continues:** When I go into devotion, dear God watch out, for I could be sobbing for hours.

*From the DVD, Self Confidence, 6/21/2005*

There are people who need to be with me physically and they are. And there are people who have an incredible yearning to be with me, but they are not. The ones who are with Me are directly affected, the ones who are yearning are indirectly affected, because their yearning is as if they were here with Me and it stimulates the Inner Guru to keep them in line.

Private conversation, June 2013

# TRUTH IS PERFECT

**Sathyam:** (After some comments about the previous newsletter, Sathyam continues) The title of the next newsletter is “Love and Devotion”.

The subject of Love and Devotion will give you freedom. This is the only newsletter that gives you the freedom to express yourselves, since you can write freely about your love and your path; it is like a diary. You can write about yearning and devotion and what they mean to you, and how Love has paved the road for you and enlightened your life and heart. In other newsletters, personal experiences were not that important, but since this one is about feelings of the heart, it is very personal and you can write about your feelings.

**One of the young ladies says:** This was the second newsletter that we had the opportunity to work on. I think the first newsletter that we worked on (“Stop, Be, Receive Grace”) was just mental effort and that is why despite the fact that we did all we could think of, we were not very happy with the result, but the second newsletter (“What Is Happiness?”) was an effort from the heart and I knew that Sathyam would like that newsletter. It was done very effortlessly and we did not have to go after finding and collecting material, everything came to us automatically.

**Sathyam:** This is a guideline for our lives. The service that we do on this path provides us with a guideline, since it teaches us which method is effective and which is not and we can use that same approach in the bazaar.

**Another person says:** This was one of the most nurturing and most gentle newsletters to work on. When I translate Baba’s words, I am usually very nervous and worried that I might make a mistake, but this time it was as

though the translation was happening completely on its own. It felt like we had surrendered to get the work done. I think Sathyam was so happy with the result because She felt that we were not the Doer, but rather instruments just preparing this newsletter.

**Sathyam:** That is exactly right. The “What Is Happiness?” newsletter was like a flowing spring and the reader did not have to make any effort to read it. Everything just sat in the reader’s heart. I knew it was going to be great because I knew for a fact that you got the point that this work could not have been done halfheartedly, that it had to be approached from the heart, so that the perfection of the Truth could show itself.

**Someone says:** During the time we had to finish our part for the newsletter, each day I wrote down my experiences with “happiness” hoping to come up with material for the newsletter, but none of them sat in my heart. At the same time though, I did not force myself to write. One night when my friend and I were hanging out, we had such a beautiful experience of happiness that was unprecedented for us. We were dancing with this happiness in our hearts all night. Suddenly it dawned on me to write about this feeling and we both started to write. Each one of us would say a sentence and these sentences would somehow connect and complete one another. When we read this writing, we could not believe that we had written it ourselves!

**Sathyam:** That was a beautiful story. It is so beautiful when one’s feeling of happiness writes itself. The true meaning of the newsletter is what you just said. It is when we experience something and that experience will show itself where it must. That is what life is; what good is it if someone says something but acts a different way? When we say that the thoughts, words, and deeds must be in alignment for us to experience God in them, it is this same thing. When that happens, the Being dances, the thoughts dance, the heart dances and all of that reflects in your writing on the paper. And when we look at the newsletter, we see a collection of your experiences, a collection of your hearts instead of work that is beautiful and perfect in a worldly way, because

there is no perfection in the bazaar. The only thing that can reveal this perfection is the heart. By the heart I mean the State of Being. Happiness, Ananda, Love and forgetting oneself, these are all aspects of the State of Being. When we feel these, we are feeling the State of Being. The State of Being is not a strange and extraordinary thing, it is all of these; the State of Being is very simple and its simplicity is because of its ease.

When you are in your State of Being, it doesn't feel as though your shoes are too tight for you, your thoughts do not bother you, you do not have any specific worldly feelings; this is the Self tasting the Self. The whole point of this path is to give each of you this experience. Every single day, I hear from one of you that you have had a great experience. This shows the perfection of this path, which shows you the straight line from the mind to the heart. I mean we always went indirectly from the mind to the heart, but now we know of this direct path and we know where the heart is and any time we want, we go directly to the Home and dance until dawn...

(Sathyam talks a little about the cover of this newsletter ("Love and Devotion") and suggests a picture.)

**Someone says:** At this very moment, I have one of Your quotes in front of me that is the perfect description of this picture: "I knocked, I begged, I had communion, I showered my Beloved with love day and night..."

**Sathyam:** Yes, yes, yes. This was the subject of our morning program today. Our whole heart should be in whatever we do. We cannot do it halfheartedly, whether it is singing bhajans, saying Ahhhh, chanting, keeping silent, praying to God, dancing, shouting, etc... Everything should come from the whole heart, the breath of the heart (Ahhh), so the heart can hear it. It will shake the heart and therefore pierce it.

**Someone says:** From the time I found this path, I prayed to God to give me Love and devotion so that nothing would shake the ground of the truth I was standing on. I just remembered that when we worked on the "What Is

Happiness?" newsletter, we experienced happiness, so I am happy that working on this newsletter might be an opportunity for my wish to be fulfilled.

**Sathyam:** Yes; you will experience it. Maybe that is why this title came to me, because this topic will support those who do have this love, so that they won't think that we do not accept that, it will help those who do not have this love to actually experience it, and it will help those who have this love 100%, but have not yet experienced it in its totality.

Throughout the process of this newsletter, my wish from the bottom of my heart is for all of you to feel and experience that which is beyond everything else...that you are able to dive into and float in whatever you are feeling and to enjoy it the same way that I always enjoyed my love for Baba...

(Few people talk about the picture that Sathyam has chosen for the cover of the Love and Devotion newsletter.)

**Sathyam:**... I have said it a thousand times and will say it a million more times, and you repeat it with me:

Truth is Perfect

Truth is Perfect

Goodbye. I really thank all of you for becoming such a group that one could easily fall in love with. Right now you are a group with few sweepers, and even if someone is a sweeper, you won't even feel it, since your skin has become so thick by now!!!

Excerpts from the "Devotion and Love" newsletter phone Conference, April 2013

## **Compilation by the Foundation of Divine Era**



# Burning In Love

*Have you ever been embraced with chiffon, like softness of  
love?*

*Have you ever been caught in the tornado of the same love?*

*Have you been caressed with the sweetness of this love?*

*Have you danced in a magical and mystical way with your  
Beloved?*

*Have you been covered inside and out with the fragrance of love  
and romance?*

*Have you yearned with every cell in thy temple for Him, to the  
point of no return?*

*Have you wanted His closeness and warmth that even the  
moments were fulfilled in the wish of uniting?*

*Have you touched my heart when it was burning in the flame  
of passion and love?*

*Have you not seen my romance in the reflection of my eyes?*

*Have you been so intoxicated for union and a rendez-vous with  
your lover that moments seem as if they were years?*

*Have you been touched with an invisible hand that no human  
hand could quench that love?*

*Have you been so very much in love that you wish you could  
fly and nestle upon your lover's nest of love?*

*Have you been lost for words to express the depth of your  
sentiment or been afraid to express it, fearing it might reach  
the ears of the bazaar?*

*I loved in solitude so that no one could see me, so no one could  
see my nakedness with God.*

*Have you asked yourself why with so many soft feelings, God  
should put you in the midst of the chaos of life?*

*Have you felt like a child wanting to be fondled, cared for and  
nourished with this love?*

*Have you felt God within your heart making you take a deep  
breath and let it out with 'Ahhhh'?*

*Have you been so concentrated with your lover's thought that  
the bazaar vanished and left you, so that you could become just  
love?*

*Have you seen my Beloved, heard His sweet voice and known  
that He is all mine?*

*Have you been yearning to hold Him so tight that one heart  
gives warmth to the other's longing heart? Or at other times it  
seemed as if the drumbeats of your hearts united as One?*

*Have you a message, a word, a touch, or even a glance of my  
Beloved for me? Or should I let my longing tears wash away  
my wish?*

*Have you felt His healing, soothing feet in your little heart?  
And have you wondered the time you did not find them?  
Was it because He left or you were blind?*

*Have you had days where the moment you opened your eyes,  
the longing appeared and burned away until nightfall?*

*Have you yearned so hard, so profoundly that you felt your  
chest could burst and your love for Him could cover the whole  
world like a fog?*

*Oh, what to say? What to ask, with a heart so saturated with  
this love?*

*No doubt at the end, there will be no need to burn my temple.  
The fire of this love has burned me like cotton upon the flame of  
love.*

*Let it be just a stone upon my tomb that reads: here are the  
remaining ashes of one who burned in love and became One.*

**Sathyam, 1989 (1990)**

*Love's reward is in the Love. It doesn't need any outside reward. Its reward is in feeling it. Its reward is in the expansion that it brings the heart. Its reward is in the deep understanding that it brings.*

*Sathyam, 26<sup>th</sup> FDE conference, May 12, 2013*

**Love** must go hand in hand with Stop Meditation in Self-realization.

If you want to nurture your Love, you must make Stop Meditation your best friend. You must Stop against all emotions that are not Love. Why? Because when you do Stop Meditation, your mind gets calm and who you really are becomes more apparent. Stop Meditation gives common sense to Love. Until the Love becomes continuous, getting skilled in Stop Meditation gives Love a strong foundation. This is needed to eliminate every emotion that is not Love, which can disturb it, until that Love is continuous. So you must be silent and Stop against anything that decreases this feeling of Love within you, to make this a habit for you, such that anything that comes to your mind is automatically dropped. At that time, your Is-ness, which is Love, will become visible.

For my mind, which went all over the place, like the monkey that Baba talks about, Love was needed to take the monkey by the leash. Because all of my attention would go to what I could do to please Him or be closer to Him or sit in the front row (at His darshan). What could I do to look into His eyes? This took all of the energy of my mind to the region of the heart. I thought it was going outward. But every time the energy goes to the region of the heart, it turns to Love. Love and Stop Meditation together were like the greatest, most valuable thing in the world for me. Because I had both Love and control. It means that you become the master of your mind, instead of being a slave to the mind, through Love and not going with other things.

If the Love is very fiery, it automatically takes everything else with it. But if it is not fiery, Stop Meditation is the cure to bring out the

Love. The reason that the Love is fiery at first is because it must tame you. This fiery Love remains until it turns all of the wrongdoing, wrong habits and wrong beliefs that you previously had to ashes. When this happens, Love is no longer in the form of emotions, it is in the form of your Is-ness. It is at that time that you no longer know that you are giving Love, you don't know that you are Love. You just "Are," and it is at that time that the people around you benefit. So first, one makes the sound of Om. It comes from the silence of the heart, and then it peaks, and peaks, and peaks, until it deafens all other sounds. When it has deafened the other sounds of the mind, you return and sit at the feet of your Being, in your heart.

*Sathyam, 26<sup>th</sup> FDE conference, May 12, 2013*

Without Love, nothing has the basis and foundation. As Baba says Love is God and God is Love, Silence is God and God is Silence. One can find Silence only by Love. When you fall in Love, you will be invited to Silence and forget everything.

*Sathyam, 27<sup>th</sup> FDE conference, June 9, 2013*



## From My Diary

### *But it is not enough*

*I have never been in love before. I don't understand this feeling*

*Close is never close enough*

*You are talking to me...looking right at me...looking right through me*

*I am close enough to touch You. You touch my arm, my face!*

*But it is never enough*

*I rest my head on Your lap, and You stroke my hair*

*But it is never enough. Close is never close enough*

*And when I am away from You, how do I fill the space between us?*

*With Your words, Your laugh, my memories of You, and daydreams of the next time that I will be close to You*

*When I am far from You, I dream of being close. And when I am close to You, I dream of being closer*

*This love is an all-consuming state of constant unrest*

*Yet it is the only joy that I have ever known*

*and in it I am whole...*

# Devotion

**Question:** What is devotion, really?

**Sathyam:** See, they told us that religion exists, that prayer is important; to talk to God and trust God, do namaz (pray), and serve, but doing them was meaningless for us. We either could not do it, or it was pretense. In life, when a person faces a True Guide, that Guide will poke at his true heart. It awakens it, opens it. Once it is open you fall in love, because in different lifetimes, different births and deaths, different sorrows and disease states, you were waiting for someone to come and speak your heart to you. When your heart was spoken to you, it brought about devotion. All of the tools that were given bring about devotion. Why? Because all of the tools bring about silence and silence is God. Anybody who is truly devoted to the teachings and tools, has felt God and the Truth within him and experienced it in his life. So his Trust will increase and devotion will become easier.

Real devotion is when you taste your Self. At that time devotion is automatic. If not, at first you are like a small bird that comes and takes a seed, but becomes distracted and goes into another neighborhood looking for a seed. But now you all know where your seed is. You know where your heart is. You know where your home is. You know where your silence is. Of course it brings about devotion. What idiot isn't willing to be devoted when he tastes himself? It is automatic.

**Question:** Is there something that we can do to be more fully devoted?

**Sathyam:** When you fall in love with the Truth, you are pretty much in the trap of the Truth. But at every turn in our life, we have a choice. Which master are you going to serve? And the right choice brings deep devotion and love, because the result is right on top of it. If you all pay attention, you will see that it was guaranteed that the robe of Truth given to you was sewn to fit you specifically.

*Sathyam, 27<sup>th</sup> FDE conference, June 9, 2013*

**What opens the Truth's  
mouth is your  
Love, devotion and loyalty.**

*Sathyam, 26<sup>th</sup> FDE conference, May 12, 2013*





## From My Diary

### How can I write about love!

How can I write about Love when I didn't even know how and when I fell in Love with You?

The only thing I know is that I neither see nor hear anything except You, nor do I want to see or hear anything else

You bestowed this attribute to me

I didn't even know its name

I didn't know what romance was

I didn't know what Love could do

When I became aware, I realized that there is nothing for me but You

My entire existence is thirsty for You, my entire existence wants only You

I do all of my work for You, and when I realize who I really am, I have no work to do

Oh my Love, You dance with me, You sing with me, and You are always with me, and how lucky I am to play such a role beside You

# I, Just Like You

*I, just like you, sat at my Guru's feet and poured my heart out and washed it with my tears*

*I, just like you, had the purest love and gratitude*

*I, just like you, was so wounded when I met Him*

*I, just like you, had potential that was endless*

*I, just like you, wanted nothing more than to please my Guru*

*I, just like you, had no other thought than loving Him*

*I, just like you, did nothing, except that which pleased Him*

*I, just like you, did not take my eyes off of Him*

*I, just like you, carried His teachings like a torch, with gratitude and loyalty in my heart*

*I, just like you, blossomed into the most beautiful flower*

*I, just like you, had the love of my Guru*

*I, just like you, was adored by my Guru*

*I, just like you, was aware that my Guru's gaze is never taken off of me, and that His protection, His care and His love is endless*

*I, just like you, was beside myself to discover my wish fulfilling tree*

*I, just like you, spent time in the Silence, and getting to know myself, as I adored my Guru  
I, just like you, became aware of the conscious voice  
I, just like you, allowed the conscious voice and the teachings and the love of my Guru to guide my path  
I, just like you, choose solitude over the bazaar, choose un-curiosity over curiosity  
I, just like you, dedicated my life to His mission  
I, just like you, began to feel freer and freer  
I, just like you, am happy to see you, happy to recognize you, happy to have your company*

*Through you, I realize how pleasing I was to my Guru. Thank you. He never told me. I am so pleased with you guys. And I did the same things to Him. So He must have been pleased.*

*And now I know why He gave me everything, because He was pleased, as I am pleased with you.*

*Sathyam, April 23, 2013*



*Sathyam, Winter 2013, Lake Tahoe*

*I knocked,  
I begged,  
I had communion,  
I showered my Beloved  
with love day and night.  
Anytime my mind would go to some  
sort of attachment,  
I would pull it back and say  
'No; how do I end the suffering? How  
do I bring the attention of the grace?  
How do I Love nonstop?'*

*Sathyam, March 2013*





# **August 2013 Newsletter**